

# Watermelon Kabobs

**Rating:** ★★★★★

**Prep time:** 45 minutes

**Makes:** 16 Servings

Watermelon is at its best in late summer; enjoy it cubed on a skewer with blueberries and green grapes. Add a zesty finish with a drizzle of syrup made from lime juice and sugar.

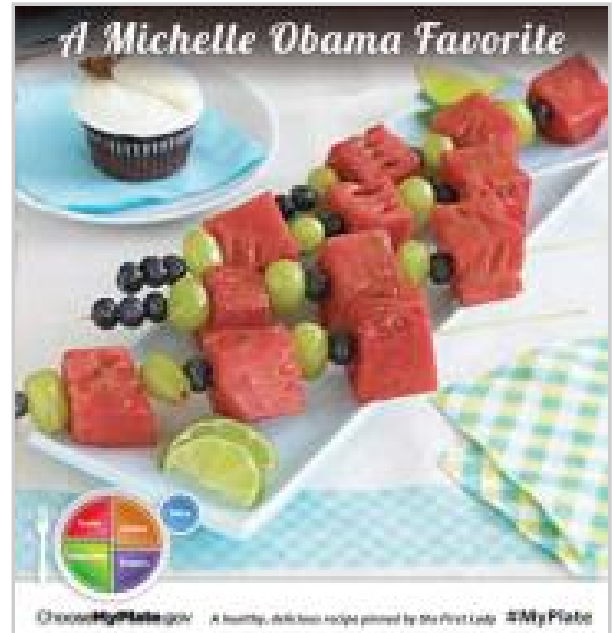
## Ingredients

- 1/2** small seedless watermelon (rind removed, about 7 lbs)
- 3 cups** large seedless green grapes (removed from stems)
- 2 cups** blueberries
- 1** lime
- 2 tablespoons** sugar

## Directions

1. Have ready sixteen 6 to 8-in. wooden skewers, and line a rimmed baking sheet with plastic wrap.
2. Cut watermelon in chunks. Alternating fruits, thread on skewers. Arrange on baking sheet, cover with plastic wrap and refrigerate until serving.
3. Grate zest and squeeze juice from lime. Put zest, lime juice and sugar in a small bowl, let stand for 10 minutes, then stir until sugar dissolves.
4. Just before serving, drizzle or brush kabobs with lime syrup. Transfer to serving platter.

## Notes



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	71	
Total Fat	1 g	2%
Protein	1 g	
Carbohydrates	17 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	4 mg	0%

## MyPlate Food Groups

Fruits	1 1/4 cups
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Can be prepared through Step 2 up to 1 day ahead.

A First Lady's Favorite from Woman's Day